

Scoring Instructions for the Being A Parent Scale
(Measure of Parenting Satisfaction and Efficacy, Johnston & Mash, 1989,
Journal of Clinical Child Psychology)

Satisfaction Scale

Items 2, 3, 4, 5, 8, 9, 12, 14, and 16

Disagreeing indicates greater satisfaction so:

SD = 6, D = 5, MD = 4, MA = 3, A = 2, SA = 1

2 (frustrated) _____
3 (not accomplished) _____
4 (feel manipulated) _____
5 (mother better prepared) _____
8 (don't know if good) _____
9 (not getting done) _____
12 (talents elsewhere) _____
14 (better if interested) _____
16 (tense) _____

Satisfaction Total _____

Efficacy Scale

Items 1, 6, 7, 10, 11, 13, and 15

Agreeing indicates greater efficacy so:

SA = 6, A = 5, MA = 4, MD = 3, D = 2, SD = 1

1 (problems easy) _____
6 (fine model) _____
7 (manageable) _____
10 (meet expectations) _____
11 (I can find answer) _____
13 (familiar with role) _____
15 (have skills) _____

Efficacy Total _____

PSOC Total _____
(Satisfaction + Efficacy)